

Abstract of the Disclosure

The invention relates to a method of decreasing oxygen consumption during physical work and to preparations having such effect. The effect is achieved by administering efficient quantities of certain combinations of (a) D-glucose, D-maltose, ethanol, glucogenic amine, glucogenic amino acid or an amino acid metabolizable through glyoxal, or a dipeptide or pharmaceutically acceptable salt of such an amino acid, and (b) a vitamin components selected from thiamine, thiamine salts or combinations of folic acid and cyanocobalamin. Simultaneous administration of the combinations is efficient when taken prior to or during physical efforts or even one day before. Preferably, the combinations are administered in the form of gelled preparations containing a gelling agent.